mental incontention

It is very difficult for someone who does

nothing to want something for others,

but it is contained by money.

When the unrestrained mind does

Today, thanks to the increasingly

growing loneliness generation after

generation, we are experiencing a

contention for technology.

Others are held back by their

charity work for material things or by

a partner for their family or friends.

what he has to do ceases to be

unrestrained unless he creates

something new and whether you like it

or not, we are all doing what we are told.

reason for existence bothering

Some are contained by the internet

and others by the radio and others by

television and others by books.

perhaps unconsciously.

But what containment does is have the

opposite effect because it generates a

diffuse dialogue and sometimes

Then there are the people who contain

themselves who are those people who

shine by standing out from others. The

inconsistent with two or more

anxiety is mental restraint.

people what we call stupidity

because it is the supreme

containment that the

all work and also all laziness is born.

So there is a very delicate

line between what some can

contain and what cannot, because

the laws are written for that, for

public order, but they are not

complied with, so hypocrisy is

generated and we begin to believe

in what others cannot contain. .

repeating the culture and even the

fashions what it contains are the

classic things.

So why don't we live in harmony,

because the world and more

So the societies go

From mental incontention is born

but this creation can be

interpreted in infinite ways which makes

the dialogue of incontention. The lack of

justice.

short.

the human being lives

We hold back when we create

We enter society as

"

discontinuity which leads him to

literally do anything.

We had a different vision of the world. Y

who enters the war because in childhood

we are contained by our family by our

society and in adolescence by our friends.

Then everything

When in itself life is simple and

dissipates and they ask us to be

superheroes" in something that

and it is at that point where we begin to

play with each other and the self is

completely distorted

what the market demands or we go

to misery and that is how much we

can bear and where we can bear

misunderstanding. And we face the

that's where we see the noise

decisions with incontention

are.

unfair competition the scam and

the fraudulent and wanting to escape

writing is incontention

of all this or we become

mental and art itself but now it is

seen as something secondary in

the face of so much power of expression

boring there. It is as if the human being

did not care about life.

The nervous tic that is done as

and that's what it does

hard work is the most

Deep down our species knows that

after this there is nothing more and

we conclude in downplaying the

virtuous and

we cling to the easy without

mental incontention.

worry about our actions

we make room for incontention

A single poorly taken photo can

lead to the death of a person.

mental and that is why the world
is

dangerous. No one knows how

anyone will react. then we

violence. We live seeing a

because it is our life because

we have to live.

poverty and marginality.

outdated image of the world

and that is what the mental

incontinence to which we are exposed is very cruel. Today deceit is rewarded and innocence is disapproved so that the market continues to exist in a disadvantageous way, which generates hunger, which generates

vice, which causes religions to be the containment muscle of the So as today we are going to cling to someone or something definitive knowing that mental incontention brings anger and

Mental incontention harms

It is contained but it does not adapt, it is

controlled and what better than the internet

to openly say our misfortunes and we

return to fiction waiting for "superheroes"

and m isundersmtaanndyi n bge l iise v mea adned b peacsasu s e

through this land Gods and prophets who

do not

in a world of demonstrations

constants where the reign is made

a lot because it is like beasts that attack

against our spirit and our integrity. Let's

say that everything that makes noise

destroys

they have bread

grievance and evil because everyone

wants you to think like them and that's

what's wrong.

Mental incontention is a

Life is simple but today the progress

of changing the world made it worse.

I have my doubts about a way back

But the problem is also the victims

because that is where the

revenge.

lack of mental order that each one

believes that they can do and say

anything without thinking that they

can commit a crime and, for many, a

sin.

unless we want our extinction. "I

think, therefore I am."

Or did it never happen to him to

want to take justice into his own hands?

We are living those times without

responsible authorities and without

good examples of parenting so

that the human race is not anything.

You don't have to say everything, you

don't have to do everything because simply.

much mental incontinence

someone else is ignoring their

rights. And it can affect a lot not

to clarify how it was done a few

years ago our

I don't think this will change

because I write it but be more

lenient and gentler.

It's not mandatory. Then you

hold back but this is also

dangerous because if you endure

viewpoints of form

through reasoning

face-to-face A little

incontinence is good to live with and is

normal among people, it is exhausting

mental fatigue and opening up to new

ideas.

You can see now that there is no

madness disease what we all suffer

to a greater or lesser degree is mental

incontinence.

Delving a little deeper we can appreciate

what the great imagination of these times.

logical that helps to contain us.

Without being intransigent in the error

of not falling into the error. In the panic of

not allowing himself to make decisions

We want to be and we want to live

things that happen to others and it

may be fine but the people who are

our idols live like us what happens

that we think they have a high ego

and spirit but that imagination of

putting people on a pedestal is born

of vanity , envy and greed because

humility does not imagine but it

should not be confused with the

desire to imagine love and try to try

what we like and how we choose to

spend time. Since the imagination

sometimes goes slow and sometimes

fast, it depends on the environment

where we live and

our hopes that are the product

of what we have seen and

heard. Sometimes we get stuck in the

we enjoy the wonderful life

then we don't hold back and we don't

wanting to live what another person's

life is, then we become detractors and

enemies, wanting to do good to others

we love, and then that is the factory of

mental incontention.

what we have, we are where

It is very hard for the spirit to be asked for

perfection and in these times of haste we

wear ourselves out

we are. But we're not going to do everything

because we think

wrongly that society demands us

because we all have to be important.

That's the reality and

Because we are social beings and

we feel like our guts are asking us to

be competitive. And with the lie you

can not compete. It is full of support

groups and in the end

Everything is fixed.

dominate in this world and no species

could. Nothing is safe.

turns into an incontention

Only death. And what can we expect

to be happy? Life is learning but it is also

an adventure which we can

mental.

do physically or mentally. What

said a worker friend.

to harm and harm.

So in this way the

culture, opening up to new people,

changing the air makes us authentic and

more receptive.

For this reason, cleanliness, eating

well, sports, dressing well, being

accompanied, talking with

mental incontention we do it

good manners to others.

good. And we achieve this with a good

moral education and with the experiences

that life gives us and thus with peace in

Even knowing how to receive us

our interior we contain

rejuvenates as a society, raises

the economy the good

Remember "Only criticism that is true

makes you angry."

Om

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